

Order of Service



Devotional Praise
 Words of Meditation
 Acknowledgement of Sick & Shut-in
 Prayer
 Recognition of Guests
 Communion and Offering
 Announcements

Message



Join Us for Bible Study

Today @ 9:30 A.M.

Special Prayer

Christina Wade	Inell Melton	Frank & Theola Prestin
Laura Charles	Helen Lindsey	Frank Lindsey
Quinton Wright	Marvin Winfrey	Reba Fleming
Bonnie Holden	Rosie Antoine	Cordellia Tennard
George Neely	Willie Young	Billy Mosley

Encompass Prayer Ministry

Prayer line – 712-432-0075 - Every Friday at 6:00 am
 Access code: 895269
 Email prayer request to encompassprayer3@gmail.com
 For more information, contact Brenda Jackson 832-305-7729

Welcome Visitors!

We are excited to have you here!
Fill out the yellow visitor's card, so we
can acknowledge you.

Message from the Office

*Ministry Coordinators, it is imperative to turn in the Event Coordination and Requisition Form (if applicable) eight weeks prior to the event.

*Please send all church announcements by Wednesday 8:00a.m. Any announcements received after that will be posted the next week.

*Announcements such as prayer requests, birthdays, anniversaries, graduations, etc., will be celebrated on the screens. Please email it to trinitycoc@msn.com. ~Thanks~

Ministries Meetings Schedule

Joseph Storehouse Hours: 9:00-11:00 A.M. Every third Saturday. Next food distribution is May 16th, 2015. Volunteers needed May 15th, from 6:30-8:30 P.M

Transition Ministry meeting after second service, May 17th.

2015 Baptism Preparation

May Worship Service

8:00 am	Hazel Darby/Evelyn Nimmer & Hershey Dunn
10:00 am	Diane Allen/Sylvia Brown & Narleski Wyrick

Online Giving at Trinity Gardens

Online Giving is now available on the Trinity Gardens Church of Christ website. www.trinitycoc.org. If you have an offering to give after service, please place it in the 'Tithes and Offering' box as you exit the auditorium.



7725-A Sandra Street
 Houston, Texas 77016

713.631.9601
 713.633.3326
 713.631.9638 FAX

May 3, 2015

Sunday Services

MORNING WORSHIP	8:00 A.M.
BIBLE CLASS	9:30 A.M.
MORNING WORSHIP	10:00 A.M.

Mid-Week Service

WEDNESDAY BIBLE CLASS 11:00 A.M & 7:00 P.M.

Trinity Gardens Teens

www.facebook.com/TGTeens

Trinity Gardens Church of Christ

www.facebook.com/TrinityGardensCOC

Email

trinitycoc@msn.com

Website

www.trinitycoc.org

Senior Minister: Timothy Daniels

Elders: Brother Julius Clebourn
 Brother George Nimmer

Deacon: Brother Jerry Antoine

Announcements

2014 Contribution Statements: If you need your 2014 contribution statement, please email La Trina Jones @ latrina_jones@att.net, or call (281)961-8438. In your email, provide your name (as it appears on the envelope) your address, contact phone and your email address.

Children's Bible Hour: May's lesson "The Resurrection of Jesus." Ages 4-12. 8:00 a.m. & 10:00 a.m. come join us!

Sister to Sister: Sunday May 3rd, 9:30 a.m. in the M.C. Daniels Community Center. "Life of Anna" Luke 2:36-38. Please join us!

Home Bible Study: Sunday May 3rd, 3:00 p.m. hosted by Don & Marie Sampay. Discussion: *Experiencing Father's Embrace: Ch. 11* by Jack Frost. For more information call Arthur (281)235-3264

Graduation Program: Sunday, May 17th. 3:00 p.m. Theme: S.U.C.C.E.S.S. Set your goal. Understand. Create a positive mental picture. Clear your mind of self-doubt. Embrace the challenge. Stay on track. Show the world you can do it. For more information contact Joyce Alexander (713)633-3326

Singles' Retreat: The Fifth Ward Church of Christ is hosting the Singles' Retreat in San Antonio, TX @ the Wyndham Gardens, Riverwalk May 29th-31st. For more information call A'Ina Henry (832)326-2137

VBS 2015: Shining "Star See the Jesus in Me" June 15th -19th .6:15 - 8:15 p.m. We are in need of teachers, singers, teachers' helpers, decorators, snack helpers & helpers as needed. For more information, contact Sis Marie Sampay. (713)(443)-9636

National Youth Conference: July 18th-23rd, Oklahoma City, OK. \$50 deposit due May 1st, and total balance due June 15th. Payments made to Sister Kim Green.

Couples' Retreat: The Couples' Ministry will be hosting its annual couples' weekend retreat July 31st-August 2nd, @ the Westin Hotel Memorial City. The theme is "Falling in Love Again." For more information see Hershey & Cynthia Dunn, or call the church (713)631-9601.

Healthy Living

Understand what you're eating. Make an effort to learn about the food you are eating. We all need to understand where food comes from, and how it affects our bodies. Just knowing this tiny bit of information will change what you put in your body.

Quick & Easy Financial Tip

Start Saving: Avoid bouncing checks or overdraft fees each month. The \$20-30 you save by not bouncing a check each month would save you enough money to nearly fully fund a \$500 emergency savings account.

Daily Bible Reading

For the next five days, meditate on these daily bible readings.

Monday: 1 John chapter 1
Tuesday: 1 John chapter 2
Wednesday: 1 John chapter 3
Thursday: 1 John chapter 4
Friday: 1 John chapter 5

Healthy Smoothie Recipe

This week's smoothie recipe is called the Peach Berry Spinach Smoothie.

- 3 handfuls of spinach
- 2 cups of water
- 1 cup of frozen peaches
- 1 handful of fresh seedless grapes
- 1 ½ cups blueberries
- 3 packets of stevia to sweeten

This Healthy smoothie recipe is provided by Michelle Watts

The MindSnack Corner



Last week we began discussing the formula for creating *LASTING CHANGE*. We saw the importance of consistency, and how it controls our lives. We also looked at the necessity of measuring the areas we want to change. In this week's *MindSnack* we will continue with the formula for creating lasting change. *Awareness* and *acknowledgement* are two crucial words when creating *LASTING CHANGE* because we must become aware of what the problem is, then acknowledge how we actually got there. Once we acknowledge the cause, then we will become disturbed by our current circumstances. So disturbed until we can no longer handle even the idea of living "THIS WAY" anymore. This is the only way we will ever, actually, do anything different. Oftentimes, when we get disturbed, we begin asking ourselves questions like, "Why is this always happening to me?" or "Why is it that I can't ever seem to get ahead in life?" or "Why can't I ever lose weight?" or "Why am I always broke?" Here is the reality: **WE ARE ALWAYS GOING TO RECEIVE THE ANSWERS TO THE QUESTIONS WE ASK**, and the kinds of questions we usually ask ourselves are the questions that provide reason-based answers: here's the reason why this is happening to me...here's the reason why I can't ever seem to get ahead...here's the reason why I can't lose weight! But if you want life changing answers, then you have to start asking **LIFE CHANGING QUESTIONS!** "What would happen if I _____?" A life changing question doesn't give a reason based answer, but a results based answer. The answers you'll get will produce results, and a plan to get you from WHEREEVER you are to WHEREVER YOU WANT TO BE! You are always going to have one of the two: **REASONS** or **RESULTS**, but you can't have both. Your conditioned mind will do everything in its power to keep you in the very place you are desiring to move away from. Change is uncomfortable to the mind. Every time we change, the mind literally packs up everything, and then unpacks in the new place. So change isn't easy, but it is simple. Ask yourself the kinds of questions that will catapult you into the life that you desire and deserve. Focus on what you want! Never quit on the things that matter! Dream for the impossible! You are **AMAZING!**

By Joseph Bradley. Did you enjoy this article? Leave your feedback. Like our page <http://www.facebook.com/GetYourMindSnack>